

WHAT IS CLAIMED IS:

1. An information recording and playback apparatus comprising:

an information recording and playback section  
5 which records information on a recording medium, and  
plays back prestored information from a recording  
medium;

a timer section which operates the information  
recording and playback section at a predetermined  
10 operation starting time, and stops the information  
recording and playback section at a predetermined  
operation ending time;

a memory section which holds operation information  
of the timer section;

15 a communications control section which inputs and  
sets the operation starting time and the operation  
ending time to the timer section from outside;

a main-power internally-controllable switch, which  
always energizes to the timer section, and selectively  
20 energizes to the information recording and playback  
section and the communications control section by  
external operation or management of the timer section;

a radio clock section which receives a standard  
value used for time correction of the timer section  
25 from the outside; and

a main control section which controls operations  
of the information recording and playback section, the

timer section, the main-power internally-controllable switch and the radio clock receiving section, with reference to the operation starting time and the operation ending time supplied through the communications control section.

2. An information recording and playback apparatus according to claim 1,

the communications control section acquiring information corresponding to the operation starting time and the operation ending time of the timer section, by receiving an instruction supplied in mail form from the outside.

3. An information recording and playback apparatus according to claim 1,

the communications control section acquiring information corresponding to the operation starting time and the operation ending time of the timer section by receiving, when a main power is turned on by control by the timer section, an instruction supplied in mail form from the outside.

4. An information recording and playback apparatus according to claim 3,

the main power being turned on by control of the timer section at the time of starting a main power to correct the time of the timer section by the radio clock section.

5. An information recording and playback

apparatus according to claim 1,

the communications control section acquiring  
information corresponding to the operation starting  
time and the operation ending time of the timer section  
5 by receiving, if a main power is turned on by control  
by the timer section and the information recording and  
playback section is being operated, an instruction  
supplied in mail form from the outside when the  
operation of the information recording and playback  
10 section has been completed.

6. An information recording and playback  
apparatus according to claim 1,

the communications control section writing the  
operation information of the timer section into the  
15 memory section, by turning on the main-power  
internally-controllable switch, if an instruction  
supplied in mail form from the outside in the state  
where a main power is off by control by the timer  
section includes an instruction to turn on the main-  
20 power internally-controllable switch.

7. An information recording and playback  
apparatus which records and plays back video data, the  
apparatus comprising:

means for receiving a recording programming mail  
25 including recording programming contents from outside  
in a predetermined condition; and

means for entering a recording programming in

accordance with a recording programming contents in a programming mail acquiring by the receiving means.

8. An information recording and playback apparatus according to claim 7, further comprising:

5 means for designating an interval between receives of recording programming mail by the receiving means.

9. An information recording and playback apparatus according to claim 7, the condition of receiving the recording programming mail by the  
10 receiving means is a timing, when an internal power is turned on in the state where a main power is off.

10. An information recording and playback apparatus according to claim 7, the condition of receiving the recording programming mail by the  
15 receiving means is a timing, when an operation, during which recording programming is impossible, has been completed.

11. An information recording and playback apparatus according to claim 7, the condition of  
20 receiving the recording programming mail by the receiving means is a timing, when an operation has been completed, if the apparatus is set to be turned off after the operation.

12. An information recording and playback  
25 apparatus according to claim 7, the condition of receiving the recording programming by the receiving means is a timing, by turning on an internal power for

a predetermined time at regular intervals in the state where a main power of the apparatus is off.

13. An information recording and playback apparatus according to claim 7, the condition of receiving the recording programming by the receiving means is a timing, when a main power has been turned on.

14. A method entering and acquiring a recording programming contents from outside with a recording programming mail using an information recording and playback apparatus comprising:

receiving a recording programming mail including recording programming contents from outside; and

entering a recording programming in accordance with a recording programming contents in a programming mail acquiring by a receiving means.